

## CASHMERE GOWN WITH A SWISS EMBROIDERED YOKE

## A Smart House Frock



Paris Patterns—Shirt Waist No. 1818—Skirt No. 1824.

All Seams Allowed.

The trimming of black velvet ribbon on this pretty house frock for misses is a dominant note in the style of such dresses. As applied in the illustration in two straight bands around the skirt, on the sleeve-bands and also as an edging to the fitted yoke-band which finishes the round neck and admits the guimpes of lace to show. It is quite enough to give a chic touch to the whole. The gown is made of bright-red cashmere and the yoke is of Swiss all-over embroidery. Of a conspicuous and original simplicity is the style of the shirt waist. The opening is in the back, and the fitted yoke portion overlaps the middle-front with a pointed tab. On either side of this tab are placed box-plaits, which meet at the front where the fullness is drawn. The sleeve is the usual bishop shorn of some of its fullness and fitted into a cuff-band that ends in a buttoned point.

The skirt is a simple box-plaited, twelve-gored model, of which the alternating gores form the box-plaits. These box-plaits are sloped toward the waist and stitched flat for a portion of their length to achieve the hip slenderness which is so important in present day fashions. The rows of velvet are placed at the top of the skirt hem. As the wearer walks, the box-plaits open in a pretty manner. The velvet must be added, of course, after all the pressing is done, or its appearance would be ruined. This dainty model would answer equally well for making linen or chambray gowns, using, as trimming, bands of embroidery instead of the velvet, any of the washable white braids or headings, or bias stitched bands of a contrasting color, as, for instance, white or Deft blue, or blue or ecru.

## QUAINT FASHION OF HAVING SMALL BOY KISS A WOMAN'S HAND

To be well-mannered when they are grown children should have politeness and the small courtesies of life early instilled into them. A pleasing manner helps either a man or a woman in the battle of life, and politeness is never thrown away. There is no doubt but that it adds to a person's attractiveness, and so I say to train your children in the little graces that are not "airs" but important.

Etiquette for little folk today is as clearly defined as it is for their elders, but the underlying rule of good breeding changes little. "Thank you" is quite as good form as ever, and it is a mistake some persons have in thinking that a certain indifference to small courtesies denotes savoir faire. To the contrary, savoir faire is shown by the graciousness in which the most trifling service is received.

A woman cannot begin too early to train her child to say "Thank you," even to servants.

Women who insist upon the most approved form for their children have the person's name repeated always at the end of a sentence, or instead of "ma'am" or "sir." For instance, it is considered better form for a child to say, "Yes, mother," than "Yes, ma'am." At the end of the sentence the name is supposed to be used always, as, for instance, if the child is answering a question of Mrs. Smith's, he says, "Yes, Mrs. Smith," not "Yes, ma'am," as in the days of old. This is a trifling change, but it denotes the carefully trained child.

One of the prettiest old customs revived is that for little girls who now always courtesy when being introduced to an older person. It is not the deep, sweeping courtesy of the minor, but a little bobbing dip, more like that of the milk maid in a light opera chorus. It takes not more than a second, and is done by putting the right foot a little behind the left, raising the right heel and bending the right knee a little. With the left hand at the same time the child holds her little skirt near the hem and spreads it the merest trifle. It is extremely pretty and quaint.

This form of salutation among girls has quite gone away with the hand-shake, but if an older person offers the hand the child should be taught to take it immediately the courtesy has been given.

The European custom of clicking the heels together in military fashion and bowing deeply from the waist down is coming into vogue for the best bred American boys. The right arm is bent

at the elbow and held across the body, while the bow comes not from the head, but from the waist.

Farther than this, European manners being carried, for many boys are being taught to kiss the hand of a lady on greeting her. The deep bow is given, and the hand kissed at the same time. The little son of the Princess Cantacuzene has been pointed out more than once this winter as a model while he visits his grandparents, General and Mrs. Grant. His manners would be a credit to a grown man of the world.

On the theory that one cannot begin too soon to inculcate good table manners, it is no longer considered good form for a child to tuck a napkin into its neck. From the time, as a baby, bills are given up, the napkin always lies in the lap, and the child is taught to eat carefully and slowly. Years ago a child was scarcely reprimanded if in eating it spilled a drop of liquid or a morsel of food on its napkin tucked under the chin. It is now considered as reprehensible for a child as for a grown person.

Both boys and girls should be taught always to let an older person go through a door first and boys should be made to stand aside for girls, even if the boys are not big. It goes without saying that boys should be taught to pick up a handkerchief or anything that falls to the ground, and girls should be taught to do so.

Indeed, to wait upon all older persons and all guests with a hearty invitation to the masculine maid, and all girls should be trained to wait upon older persons, both men and women.

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## SCIENTIFIC MOVEMENTS FOR BEAUTY MASSAGE TREATMENT

The frequent, and quite natural queries about massaging that crowd my mail every day make me think it worth while to explain, if possible, how it can do such apparently contradictory things. For example, one woman writes to ask how can it help to reduce her flesh if massage also is fattening? Another reverses the question. The confusion is, therefore, natural, because only those who have studied the matter, or observed it, realize that the different results are accomplished by entirely different methods.

Like all other things, massage requires to be well done, and with knowledge. Attempting such things on the cheap, as a rule, spells failure, and those who are brave enough to undertake to massage their own faces should be duly instructed by those who do it well, as to right methods, for the chances are they will be doing a very great deal more harm than good, and when you do harm in massaging you, most probably do a lot of it. To make the flesh and muscles flabby is not at all what you desire, yet this is what you are likely to effect if you do not follow the right course of the muscles, rubbing upwards across the lines, and altogether do the work properly.

There are four movements which the beauty culturist, as well as the health promoters, in massaging have to execute—stroking, kneading, rubbing, and striking. This striking is not unlike slapping, but is decidedly stimulating. The strokes are given rapidly with the side of the hand or the entire hand, and sometimes on the face with the tips of the fingers. Strapping massage has been the means of restoring the outline of the chin, and restraining the sagging cheek in its proper position. Strapping is done quite slowly with the palm of the hand, and when applied to the body should be directed toward the center. It stimulates the blood in our veins, and helps to produce that delicious sense of nerve soothing, an inclination to rest without any due sense of fatigue, and a desire to sleep. Judicious massage is invaluable to those who are anemic, and it increases the red corpuscles in the blood.

Exercise is as essential to our health as is proper food, and massage in a great measure takes the place of exercise, for the massage that does it works the muscles and builds the tissues. For this on kneading with the knuckles. A firm but not violent touch is needed. But kneading also means more than this. The skillful manipulator requires some time to entirely master the movement, perhaps the most difficult of the necessary ones. The tissues are to be treated and grasped, tightening and

loosening the hold in a way that has to be learned and very carefully followed. Rubbing in massage is on a somewhat different principle, ordinary rubbing, finger tips and thumbs, or the entire hand, being employed in small circles. Massage greatly improves the texture of the skin, and a woman who regularly cares for her face in this manner has fresher complexion and much better color. This is because the blood vessels and tissues are constantly being stimulated and strengthened, and her blood circulates there as it does over the body after a brisk walk. It will eliminate traces of fatigue more quickly than anything else, always remembering that a good cold cream, a skin food, should be used with it.

For medical purposes massage is most beneficial in the morning, and as a means of beauty culture it is better to carry it out at night, but there is little hope of it doing real good unless it is done regularly and with perseverance. This is particularly so where the removal or obliterating of wrinkles is the thing desired. Worry, ill health and neglect are potent foes to beauty, and they should be met by constant care and skillful manipulation by the masseuse.

The object to be effected is the strengthening of the muscles and the stimulation of the blood. Few women have the slightest idea of the structure of the face, how the muscles are attached to the fundamental bone, the fatty and connecting tissues filling up the vacant spaces, which are most anxious to leave the bones as they are, but the muscles and the tissues may be most successfully manipulated so much of the beauty of the face depending on the fatty fiber overlaying the muscles. Any shrinkage brings wrinkles and flabbiness, and with care and massage we can increase the fat and improve the hue of the complexion also. It is the capillaries or blood vessels, which are most anxious to avoid. Where the health is weak, massage, combined with rest, brings about wonderful results. A week in bed, or a month, especially in cases of anemia, is simply invaluable, and in young women, standing on the threshold of life, it will often bring about a good state of health. But the rest must be accompanied by fresh air and sunshine, and the room and the surroundings cheerful. Massage will promote appetite and all the benefits of exercise.

There are certain don'ts to be observed in massage, but they are so few and remote as not to be dangerous. The skin must not be stretched, and the muscles over-exerted. If there is superficial soreness, the exercise should be avoided, and if there are sores, the skin, being thicker than others, require more forceful treatment, but this each must learn for herself.

## Maid's Apron Important Part in Household

There is more to a maid's apron than meets the eye of the uninitiated, and the status of a housekeeper may be judged from it. That it shall be fresh, clean, and in the light of that aspect it is extraordinary how often one sees a maid open a front door wearing an apron that shows decided marks of dirt.

This is really inexcusable, for if the family income is so limited that the maid does certain tasks which are dirty, her white apron may still be kept fresh. This is accomplished by having her wear a colored one over the white while at work; and if the doorbell rings she can slip off the gingham protection in a second and be neat to receive a visitor.

Next to neatness, tidiness is a sine qua non of white aprons. Holes are absolutely inexcusable, and when the style of having bibs and shoulder straps is worn the latter should be snugly fastened at the back so that they will be no danger of slipping down over the shoulder like a very delicate evening bodice.

In the last year English rules governing the wearing of aprons have been adopted. In many houses where there is a large menage simplicity may be taken as the guiding principle; frilly and fanciful affairs are generally tabooed, and linen, cambric, and sometimes muslin, are the materials employed.

Housemaids wear in the mornings long linen aprons, gathered into a band at the waist, extending right round to the back, the hem being one and one-half to two inches wide.

In the afternoon, when dressed, they wear aprons of muslin, cambric or fine linen, made in much the same way as the morning ones, only they do not extend quite around to the back, and are not long, while the hem is about the same width.

Parlor maids wear much the same, only their aprons are made with bibs or straps, which are not required for housemaids.

Both boys and girls should be taught always to let an older person go through a door first and boys should be made to stand aside for girls, even if the boys are not big. It goes without saying that boys should be taught to pick up a handkerchief or anything that falls to the ground, and girls should be taught to do so.

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## Paris Patterns



No. 1823.

Ladies' Slip.

With Long or Elbow Sleeves.

All Seams Allowed.

The use of such a slip is apparent at a glance, for the lingerie and lace and silk houses all require an underbody to set them off properly. These slips are made of China or Japanese silk, usually, but, if more body is desired to the undergarment, taffetas might be utilized.

The pattern is in seven sizes—32 to 44 inches, bust measure. For 36 bust, the slip will need 3 1/2 yards of material 29 inches wide, or 2 yards 3/4 inches wide; 2 yards of edging to trim.

To obtain this pattern or any of the others heretofore described in The Times fill out the following coupon and inclose it with 10 cents in an envelope addressed to the Fashion Editor, The Washington Times, Munsey Building, Washington, D. C.

To the Fashion Editor,  
The Washington Times,  
Munsey Building,  
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Inclosed find 10 cents, for which send me

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## Refreshments in Pretty Form

While dressing grows more elaborate for social affairs, refreshments seem to grow simpler. At one affair which brought guests from all parts of the United States the supper was served with much cut glass, silver, and exquisite china; but it was only assorted sandwiches, coffee, lemonade, and confections. At another, the opening of a magnificent home in a smaller city, the table bore an immense bowl of American Beauty roses on a Flemish lace centerpiece. At the corners were tall comports filled with crystallized white grapes, the stems tied with an American Beauty bow, and on the other corners were confections. These were two twisted opera sticks of pale green candy, with a spray of American Beauty roses spread on them as if climbing. The refreshments were very simple, but elegant, and quickly served. They were a marriage of roses filled with ice cream, coffee, and the confections. Punch was served from an immense cut glass bowl. It was red in color, and the center of the bowl was a square block of ice, in the top of which was whipped cream, sweetened and made American Beauty color. A bit of this whipped cream was put in the top of each glass of punch.

Pay for Easter Eggs, decorated with rabbit and brood of chickens. These can be filled with toys or candy Easter eggs and easily be sent through the mail, as they are very light in weight. Each, 10c and 15c; dozen, \$1.00 and \$1.50.

Easter Eggs filled with artificial grass and small toys, 25c to 50c.

Large Easter Eggs, containing bear, sweater and cap, \$2.75.

Large Easter Eggs, containing a variety of small toys, \$1.85 to \$4.50.

Stuffed Toy Rabbits, \$1.00 and \$1.50.

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